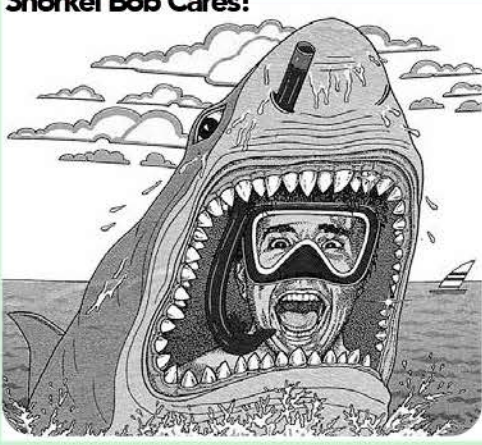


**Budget Crunch?
Snorkel Bob Cares!**



SNORKEL BOB'S - KAUAI

Aloha--Keep these tips in mind for the safest snorkel fun.

v0123

- KAUAI:** Kapaa, just past Coconut Mkt. Place, Kuhio Hwy. in Kapaa (808)823-9433
Koloa, on Poipu Beach Rd, just south of Old Koloa Town 742-2206
- MAUI:** Wailea, 100 Wailea Ike Drive, next to Manoli's 874-0011
South Kihei, Kamaole Beach Shopping Center 879-7449
North Kihei, in Azeka 2 Shopping Center 875-6188
Lahaina, 1217 Front St. next to Jesus Coming Soon 661-4421
Honokowai, L. Honoapiilani Hwy, Honokowai Market Place 667-9999
Kahana, 4405 Honoapiilani Hwy, Kahana Gateway Center 446-3585
Napili, in Napili Village, near Kaanapali & Kapalua 669-9603
- KONA:** Big Island, next to the Royal Kona Resort on Alii Drive 329-0770
Big Island, Kohala Coast/Waikoloa @ The Shops at Mauna Lani 885-9499
- OAHU:** Honolulu, near Waikiki, on the way to Hanauma Bay 735-7944
- Website** snorkelbob.com
Weather and Marine Forecast (808)245-6001

SAFETY & HEALTH:

- 1) Snorkeling is a buddy sport. You help your buddy. She helps you.
- 2) Never turn your back on the ocean. A big wave is crashing behind you.
- 3) Watch surf, current & surge on reefs/rocks. Snorkel meditation takes 5 minutes minimum.
- 4) Avoid wana ("vonna")—black sea urchin. Your snorkel 1st aid kit: peroxide, antibiotic ointment & cigarettes— tobacco stops most stings. So does making shishi on sting, but I, SB, know that this can really test a friendship.
- 5) Enter and exit from a sandy beach area.
- 6) Never swim against a current. Swim diagonally across it.
- 7) Avoid snorkeling at dusk or dawn (gray light). Avoid murky water.
- 8) Friends don't let friends snorkel drunk or in strong wind.
- 9) Duck or dive under breaking waves to avoid their force. Don't try to jump over them or turn your back to them.
- 10) Check with lifeguard on conditions before going in.

DO NOT LEAVE VALUABLES IN CAR!

Snorkeling = Relaxation. Tension is dense & wants to sink; relaxation is buoyant. Breathe slow, deep & easy. Kicking is also relaxed, knees fairly straight. Your snorkel WILL FILL WITH WATER on a free dive—you will expel the water as you break the surface and shoot the pea through the shooter. You will continue to the face-down snorkel position and, if you did it right, your inhale will be uneventful. If you did it wrong (choke, snuk, glug) you may want to try again.

Undertow, cross-current & tide-rip are EZ to avoid. Use your degree as necessary. IF they embrace: RELAX. They will tire & let you go as your mother once did. If breaking waves come out of nowhere, don't try to beat them in—stay outside until the set (of waves) runs its cycle. Ocean emotions soon return to peace & love. Most days are serene. Snorkel meditation is a growth opportunity.

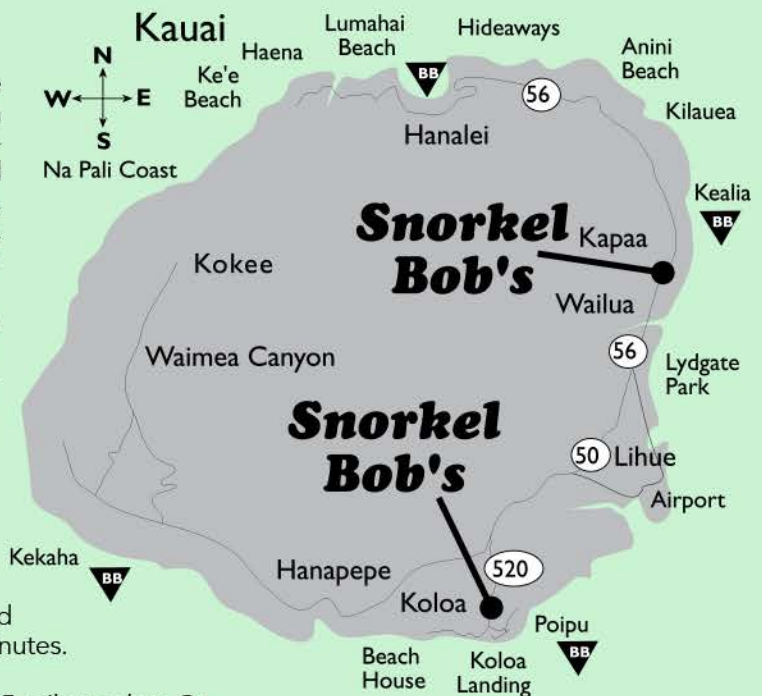
**Some Snorkel Beach Suggestions:
North & West (Princeville, Hanalei):**

Ke'e Beach (Ke'e Lagoon) is north on Hwy 56 to the end of the road. Beautiful sandy beach fronts a raised reef, creating a calm lagoon perfect for snorkeling. Dense populations in the shallows, 3-8'. You got maybe a foot of water over the reef top, and the bottom drops on the outside for some snorkel excellenté, but check with the lifeguard first. As with all north shore spots, this one is best in summer. Don't go if the surf is breaking over the reef!!#*\$%?#! (Must I, Snorkel Bob, really tell you this?)

Haena Beach State Park is about 9 mi. past Princeville, across from the Dry Cave. I, Snorkel Bob, walk to the right awhile & enter from the sandy beach. This is TUNNELS, with flat water & an outer reef. .3 mi. west of the Dry Cave is a spot called Cannons. The trail leads to the beach through a residential area. BEST IN SUMMER.

Hideaways looks swamped in condomania. Fear not. Go right off Hwy 56 at Princeville Center into the complex to where the road dissects the golf course and passes multitudinous multi-housing. About ¼ mile before the end is the overlook to the beach 300' below—Hideaways. A path down is at the south end of the condo. Another path is at the north edge. Both take 5 minutes. If you can't find one or the other, ask around.

Anini Beach Kalihiwai Rd. is about .4 mi. past the Big Bridge 25-mile marker. Go right on to Kalihiwai Rd. for .2 mi., left at Anini Road, then 2.9 mi. to the end of the road. Waves break 300 yards offshore, leaving the long beautiful beach placid & serene.



East:

Lydgate State Park is prime for junior or first-time Snorkel Bobbers with its stone breakwater, showers, picnic tables, & BBQ'S. From the airport road (Ahukini), take Hwy 56 north past the Wailua golf course. Turn right at Leho Rd. Coming from the North, look for the LYDGATE PARK sign just past the Wailua River.

South (Poipu & Koloa):

Poipu Beach Park is south on Poipu Rd from Koloa. Go left at the fork in the road & pass the Poipu Shopping Center to Hoowili Rd. Go right. The beach park is across from Brennecke's Restaurant. Easy parking & facilities.

Koloa Landing is south on Poipu Rd. Go left at the fork towards Poipu, then right on Kapili Rd. Go right again at the STOP sign & .4 mi. to boat landing. I, SB, enter at the boat ramp & snorkel to either point along the rocky coast. No facilities.

Beach House is south on Poipu Rd. Go right at the fork toward Spouting Horn (Lawai Rd.). Look for Beach House Restaurant on the ocean side. Snorkel the small bay by the restaurant, entering at the sandy beach. Many fish live here, even in shallow water. Showers/restrooms are across the road.

Your fellow snorkelers know many more spots on the great snorkel byway.

Always ask about parking, surf, surge, current, visibility & safety. If you get asked back, "Do you own your home?" DUCK! It's a TIMEDOG! (Known to lunge for credit card in jugular fashion & NOT let go.)

**BOOGIE BEACHES CHANGE DAILY—NORTH SHORE BREAKS BIG IN WINTER.
SOUTH SHORE IS BIG IN SUMMER. BOOGIE BOARDERS BEWARE!
SHORE BREAK CAN BREAK YOU!**

You must meditate the break, rocks and current before boogie boarding or body surfing.

Some Boogie Spots:

KEALIA has medium waves over sandy bottom and could be the place to learn how. Add blue sky, sunshine, beach chairs, Sunblock Ts & you're set. It's an easy paddle to the break with no current.

BRENNECKE'S BEACH is left of Poipu Beach Park past Brennecke's Beach Broiler, if you face the ocean. WATCH OUT for BIG SETS OF WAVES & BEWARE THE ROCKS.

KEKAHA is A-1, beginners or advanced. Work your way up the wave chain through Intersections, 1st Ditch & Rifle Range—or stay in the baby wavelets (like Chicken of the Sea).

SNORKEL BOB'S REEF ETIQUETTE TIPS:

- 1) Don't stand on, walk on or touch coral. Each tiny polyp is a delicate animal.
- 2) Adjust your mask strap BEFORE going in. Be aware of your fins at all times.
- 3) Feeding marine life disrupts the natural balance.
- 4) Pick up trash & plastic. Sea turtles see plastic bags as jellyfish—try to eat.
- 5) Take monofilament line & net from beach & water. Turtles & others get tangled. If you see snagged mono, pull it out gently & put it in a trash can.
- 6) SUNSCREEN KILLS CORAL. Sunblock shirt & swim cap will protect upper-body & scalp. I, Snorkel Bob, got'um. Avoid sunscreens containing oxybenzone and octinoxate.
- 7) Don't pursue sea turtles. Pursuing or touching a turtle may lead to citation, court, fine & custody.
- 8) Blow the whistle. Maiming fish, touching turtles or fishing in a preserve should be reported to the Division of Conservation & Resources Enforcement (Docare), (808)274-3521.
- 9) Don't buy coral or shells—most marine curios were taken live, killed for novelty. AVOID dried puffers & seahorses. You can also decline the shell lei given at most luaus—comments to luau management may help.
- 10) Love a reef. Regular snorkeling teaches reef health & fish count. Watch for algae bloom & pollution. Report deterioration to any Snorkel Bob's in Hawaii or snorkelbob.com.
- 11) Aquarium collectors decimate our reefs.
- 12) Don't eat reef fish. The ciguatera neurotoxin inhibits a pulmonary enzyme in humans, causing asphyxiation & itch. Have a nice day. I mean, really. Only the ogre under the bridge would see a little yellow tang, a wrasse or damsel & think of breadcrumbs & a light meunière sauce.
- 13) Assume stewardship. Spearguns are for deep water only. If you feel threatened, call 911. Nets are not allowed on protected reefs. Report all violations to the Division of Conservation & Resources Enforcement (Docare), 274-3521.

SUGAR DONUT is what I, Snorkel Bob, call the finest snorkel mask in the world, dipped in sand. UNEVOLVED is what I, Snorkel Bob, call a snorkeler who makes sugar donuts. \$3 what I, Snorkel Bob, charge for sugar donuts. HELP ME, SNORKEL BOB, KEEP YOUR TOP QUALITY GEAR TOP QUALITY!?!#%!

ALTERNATIVES: You may return your gear to the BIG ISLAND (Kona, Mauna Lani) or MAUI (Napili, Lahaina, Honokowai, Kihei, Wailea) or KAUAI (Koloa, Kapaa) or OAHU. And it's FREE! Because LOVE means not having to pay twice, no matter how often you want to snorkel. If you'd rather not schlep your gear to the next island, our \$5 Interisland Pick Up (IPU) service will have a fresh set ready for you.

DON'T FORGET—Snorkel Bob's, snorkelbob.com & The Snorkel Bob Foundation exposed aquarium trade devastation on Hawaii reefs—unlimited catch and catchers, and 99% die in a year instead of living to 40 years on a reef. 80% of the catch are herbivores, exposing Hawaii reefs to algae. SEE: *Neptune Speaks* and *Dragon Walk* (Skyhorse, NY), *Reef Libre* (Rowman Littlefield, MD) or visit The Reef Gallery at 1217 Front St., Lahaina.

24 HOUR EXPRESS GEAR RETURN!

COMBINATION: S-B-C